

Chapter 20 Song: Language of the Soul

1. Inspiration for the Journey

Song is a tonic for the weary; it lightens our souls and fills us with the taste of heaven. Spiritual music is a universal language of the heart.

Devotional singing occupies a prominent role in almost every religious tradition. Whether in hymns, chants, choral music, or bhajans, the intent of devotional song is to uplift the spirit and affirm divine glory. The group activity promotes faith and confers joy. Through group singing, we gain spiritual confidence and receive encouragement to progress on the Godward path. Singing is an exercise with potentially important results.

Bhajan (devotional song) is one of the processes by which you can train the mind to expand into eternal values. Teach the mind to revel in the glory and majesty of God. Wean it away from petty horizons of pleasure...Bhajan induces in you a desire to experience the truth, to glimpse the beauty that is God, to taste the bliss that is the Self. It encourages man to dive into himself and be genuinely his real Self.

Sathya Sai Speaks 7, pp.468-469

By participating in song meetings, we derive many benefits. Love and devotion well up in our hearts. Remembrance of God becomes constant and steady. The practice speeds us on the path to winning the Lord's grace. With effort and devotion, God's blessings are won.

The tongue is a post, bhajan is the rope; with that rope, you can bring God Almighty near you and tie him up so that his grace becomes yours. God is so kind that he will yield to your prayers and get bound. You have only to call on him to be by your side, with you, leading you and guiding you.

Sathya Sai Speaks 7, p.52

第二十章 歌：灵魂之语

1. 给行程的激励

歌是消除疲惫的补药；它照亮我们的灵魂并注入我们以天堂的滋味和感受。灵性的音乐是心的共同语言。

几乎在每一个宗教传统里，虔诚的赞唱都占有一席之地。不论是圣歌，吟诵，合唱或峇赞，虔诚歌曲的宗旨在于提升心灵并肯定神圣荣耀。集体活动促进信心和赐予喜乐。通过集体赞唱，我们获得灵性信心和接受鼓舞以迈进于归神之道。歌唱是带有潜在性重要结果的一种训练。

峇赞 (*bhajan*, 圣歌) 是我们借以训练心志以扩张至永恒价值的一个过程。教导心念陶醉于神的荣耀与庄严之中。走出无谓的欢乐领域 --- 峇赞诱发你一种渴望去体验真理，去一瞥美，也就是神，去品尝至福，也就是自性。它鼓励人潜入他自己之内并真诚地成为他实在的自己。

《沙迪亚赛说》第7章468-469面

借参加集体赞唱，我们得到诸多裨益。爱与虔诚在我们的内心涌出。对神的忆念变得持续不断且稳定。这修习加速我们在灵道上的进展乃至赢得主的恩典。凭努力与虔诚，即可赢得神的护佑。

舌是柱子，峇赞是绳子；有了那根绳子，你可以把全能的神拉近你并把祂绑起来以使祂的恩典变成你的。神是那么的慈悲以致于屈就你的祈祷而被绑起来。你只需呼唤祂来到你身边，陪伴你，领导你和指引你就得了。

《沙迪亚赛说》第7章52面

When we sing with devotion, joy is likely to remain in our hearts all day long. Song becomes a source of inspiration and consolation that transforms our lives. The effort results in expanded consciousness of the presence of God. That awareness promotes faith and peace.

You must pass your days in song. Let your whole life be a bhajan. Believe that God is everywhere at all times and derive strength, comfort, and joy, singing in your heart in his presence the glory of God. Let melody and harmony surge up from your hearts and let all take delight in the love that you express through that song.

Sathya Sai Speaks 10, p.75

The joy which we derive from song helps to sustain and encourage us on the path. It binds us to the Lord and attracts his grace. God derives joy from our joy. When we draw closer to him, the Lord draws closer to us. The bliss of song binds us to him as few other practices can.

The ananda (bliss) that I derive from bhajan I do not get from anything else.

Sathya Sai Speaks 8, p.48

2. The Song Meeting

To get at the sweet juice of a coconut, we must first peel off the fibrous husk and crack the hard nut. In the same manner, to enjoy devotional songs, some preparatory tasks must be accomplished. For the song meeting to be harmonious and beneficial, proper guidelines have to be adopted. Clear organization and policies help to eliminate misunderstandings.

When one member is placed in charge of the activity, there is less chance for confusion. This allows for the orderly development of the session. As the number of members grows, changes have to be made. Suggestions need to be monitored and implemented by a knowledgeable individual or committee.

当我们虔诚赞唱时，喜悦似乎一整天都留在我们的内心而不离去。赞歌变成激励与慰藉的一个泉源，从而改造我们的一生。这努力导致神存在的扩张意识。那觉知促进信心与平和。

你必须度日以歌。让你的一生成为一首峇赞。要相信神无处不在，无时不在，并在你的内心，在祂的存在下，赞唱神的荣耀以获致力量，安适，和喜悦。让旋律与和声在你内心起伏并让大家在你透过那首歌所表达的爱之中获得喜悦。

《沙迪亚赛说》第10章75面

我们从歌中所得到的喜乐协助维系和鼓舞我们在灵道上前进。它系我们于主并吸引祂的恩典。神从我们的喜乐中得到喜乐。当我们拉近跟神的距离时，神也拉近跟我们的距离。歌的福乐把我们跟祂绑在一起，只有少数的其他修行法门能做到。

我从峇赞中所获得的福乐是我不从任何其他之物取得的。

《沙迪亚赛说》第8章48面

2. 赞歌集会

要得到椰子的甜汁，我们首先必须去其纤维的外皮，然后打破其外壳。同样，要从圣歌中得到快乐，一些准备工作必须完成。为了使赞歌集会产生和谐与效果，正确的指南必须采纳。明确的组织和政策协助我们消除彼此间的误解。

当一个成员被指定主持这活动时，职责分明，困扰减少，赞歌集会就井然有序。随着会员人数的增加，改变在所必需。一些建议必须由一个有识之士或一个委员会去监视和执行。

The decoration of the hall and arrangement of the session should not suggest pomp and undue expense. It is best kept simple and devotional. Ideally the session is convened in a clean and accessible location. All participants should feel welcome to attend. Song meetings should spread good will and tolerance in the community.

Bhajan must spread good will, love, ecstasy. It must invite all to share in the joy and peace.

Sathya Sai Speaks 8, p.47

To foster an atmosphere of peace and love, it is beneficial to start the meeting with omkar (the repetition of Om) and to conclude with a short meditation. This establishes a feeling of brotherhood and cooperation among all.

The group must also decide what its objectives will be. For example, a song center may decide to encourage young members to participate in singing and leading songs. Members may decide that the participation of young members is more important than maintaining high musical standards. This is particularly true when young members are inexperienced at leading songs or playing instruments. The price must be evaluated by the participants in light of the benefits.

Another policy which should be discussed at the outset is song selection, particularly language preferences. It is desirable for the group to sing in the language of their country of residence. Of course, some variety should be encouraged, but it is important that our meetings appeal to newcomers from the community around us. We must help more and more people to know the great love of Sai. It is usually easier for participants to experience the devotion of a song when they understand and can pronounce the words.

3. Standards: Musical or Devotional ?

Devotion is the stamp which posts our loving thoughts to God. A mother cares more for the scrawl of her children than for the beautiful script of a stranger; God listens to our hearts more than to our words.

会所的布置和集会的安排不该华而不实，以免增加不必要的开销。一切从简，且以虔诚为主。一般上，理想的集会地点应以整洁与交通便利为考量。所有参加者应该一律受到欢迎。赞歌集会应该传达善意和容忍于社区之内。

答赞必须传达善意，爱，欢悦。它必须邀请大家分享欢乐与平和。

《沙迪亚赛说》第8章47面

为了培育一个平和与爱的氛围，以重复念诵唵（omkar）作为开始，然后以短时间的静坐作为终结，这是有所助益的。这建立起兄弟的情谊与合作的精神。

这赞歌团体也必须对赞歌集会的目标有所决定。例如，赞唱中心或可决定去鼓励年轻的成员参与领唱。成员们可以作出决定，有年轻人积极参与比维系高标准的音乐水平更为重要，尤其是当年轻人还缺乏领唱经验或演奏乐器技巧的时候。其代价必须以参与者的利益为角度来衡量。

另一个在开始时就必须讨论的方针是选歌，特别是基于语文方面的选择。以当地通用的语文来作的集体赞唱是在所必要的。当然，某些程度的多样化应当受鼓励，但重要的是，我们的集会会引起我们周遭社区的新人的兴趣。我们必须帮助更多的人认识赛的大爱。当参与者了解歌词的意思和发音时，一般上他们就更容易体验一首歌的虔诚了。

3. 基准：音乐的抑或虔诚的？

要邮寄我们亲切的思念给神，虔诚就是我们必须贴上的邮票。一个母亲注意她孩子的涂鸦远胜于一个陌生人所写的美丽字迹；神聆听我们的心声远胜于我们的语音。

It is not the perfection of musical talent alone which pleases the Lord. Devotion and sincerity should also be expressed. It is good to encourage wholehearted participation and enthusiasm. Where is the benefit if we are timid and do not sing out?

Some do not sing loud at bhajans. When a man has fallen into a well and is unable to get out, does he mutter to himself? Clap your hands with vigor so that the birds of evil and passion infesting your minds shall fly away.

Sanathana Sarathi, Dec.1980, p.256

It is also desirable, however, that tunes be sung in a harmonious and pleasing manner. Musical training or the learning of scales is not required. What is required is that our singing be a natural reflection of our yearning for God. When we sing with devotion, our joy naturally sweetens the melody.

Bhajan must be a felt experience. Do not sing with one eye on the effect the song makes on the listeners and the other on the effect it makes on God. Let your heart pant for God; then raga and tala will automatically be pleasant and correct.

Sathya Sai Speaks 8, p.60

At a public meeting, it may be necessary for some individuals to express their enthusiasm silently. Praises sung in a discordant manner do little to elevate our spirits. Standards must be met for the musical quality of a public session.

Let those with a good voice and musical talent lead. The keertan (song) must be pleasant; it should not jar on the ear. If your voice is grating or out of tune, do not disturb the melody, but repeat the Namavali (the name of the Lord in song) in your mind.

Sathya Sai Speaks 7, p.172

Another difficulty may arise when working with the most musically talented members. These members may wish to widen the scope of compositions to be sung. In seeking new songs and some variety, they may select songs which are too difficult for other members to follow. There may even be a tendency

仅靠完美的音乐天份是取悦不了神的。献身与真诚也必须展示。鼓励全心全意的参与和热衷是好的。如果我们感到羞怯，不敢开口唱，我们又能得到什么益处？

有人在峇赞时羞于大声高唱。当一个人掉入井中而出不来时，他还会自言自语吗？要用力拍手而把横行于你心念中的邪恶与激动的鸟儿给吓走。

《永恒的战车御者》1980年12月，256面

然而，唱得和谐与愉悦也是有必要的。音乐的训练或音阶的学习就不需要了。需要的是我们的赞唱尽可能成为渴望神的一个自然反映。如果我们虔诚赞唱，我们的喜悦自然使旋律变得甜美，温馨。

峇赞必须是一个有感的体验。唱歌时，不要一边注意歌曲对听众的效力，而另一边又当心歌曲对神的效力。让你内心渴望着神；那么，旋律 (*Raga*) 与节奏 (*Tala*) 自然就显得愉悦和正确了。

《沙迪亚赛说》第8章60面

在公众集会时或许有必要让一些个人去默默地表达他们的热忱。不和谐的赞唱难以振奋我们的精神。公众的集体赞唱必须有一定的音乐水平。

让那些具有好嗓子和具有音乐天分的成员领唱。赞歌必须唱得愉悦，不应该刺耳。如果你音准欠佳，会唱变调，那就不要干扰旋律，只在心中重复神的名号 (*Namavali*) 就好了。

《沙迪亚赛说》第7章172面

与大部份怀有音乐天份的成员一起工作还有另一个困难。这些成员或许想要扩大歌曲的范围。在寻找新的歌曲和某种变化时，他们所选的歌曲也许较为困难，不易为其他成员跟随。甚至一些领导者还在音乐

for some leaders to compete in musical virtuosity. They may display their egos more than devotion, an occurrence directly contrary to the purpose of the discipline.

I do not like bhajan that promotes rivalry or envy or egoism or that emanates from intolerance.

Sathya Sai Speaks 6, p.266

Variety in the program is desirable. New songs help to build our interest and enthusiasm. One effective way to do this is to schedule regular learning sessions. In these sessions, leaders and members can improve their skills and learn new songs. It may be necessary to require leaders to attend these sessions so they can determine if they are prepared to sing the new composition.

4. Take Up the Practice

Song is a key which sometimes can unlock even the hardest hearts. It is like the sun that carries even the heaviest clouds across the sky: their leaden mass is lifted by the divine warmth.

So all should take up the practice of singing to the Lord. Excuses should not be found for missing the song meeting. Each of us has a contribution to make – if only by appreciative listening. Our discipline of regular practice needs to be steadily maintained. For this reason, Sathya Sai Baba recommends regular attendance.

Attend all the sessions in the hall...Do not take shelter behind excuses. If you are ill, bhajan will help the cure, or, let me tell you, it is far better to die during the bhajan with the Lord's name on the lips.

Sathya Sai Speaks 2, p.186

Harmony and devotion must ultimately be the result of a good song meeting. All who participate must work together with tolerance and the knowledge that the Lord himself is present. When this is done, each of us feels the divine bliss burn brighter within our hearts and we experience the presence of our Lord.

技巧上有互相竞争的倾向。他们或许展示其自我多于其虔诚；这是直接与修行目的相抵触的一个事件。

我不喜欢促进对抗或妒忌或自我或散发自偏执的峇赞。

《沙迪亚赛说》第6章266面

节目的多样化是必要的。新的歌曲有助于提高我们的兴趣与热心。做到这一点的一个有效的途径就是安排一定的学习时间。在这些学习时间里，领导与学员可以改进歌唱技巧和学唱新歌。或许有必要让领导上课学习以便决定是否可以纳入新的歌曲。

4. 加以练习

歌曲是钥匙，有时连最铁硬的心也能打开。它有如太阳，连最浓厚的云层也带越天空：它们沉重的质量被神圣的温暖所提起。

所以大家都应该练习唱好主的赞歌，不应该找借口缺席。我们每一个人都可以作出贡献 ---- 只要以欣赏的心去聆听。我们定时练习的纪律必须稳定地维持。为此，沙迪亚赛峇峇推荐固定的出席。

出席礼堂内的所有活动。。。不找借口缺席。如你有病，峇赞会为你治疗，或者，让我告诉你，唇上挂着主的名号而死于峇赞也不枉此生了。

《沙迪亚赛说》第2章186面

和谐与虔诚必定是一个有效的赞唱集会的最终结果。所有参加的人必须以宽容的心和主亲自现身的认知来分工合作。若做到这一点，我们每一个人都感到内心燃烧着更明亮的神圣福乐而我们就体验到我们的主的显现了。

Wherever my bhakta sings my name, I am present there.

Sanathana Sarathi, June 1984, p.161

Questions for Study Circle:

1. How do devotional songs assist our spiritual growth?
2. What are the essential ingredients of spiritual songs?
3. Who is qualified to lead songs?
4. What place do children have at song meetings?
5. Should songs be sung in any one particular language?
6. Are some names better to sing than others?
7. Who maintains proper standards, and how?
8. How often should devotional sessions be held?
9. Where should meetings be convened?

References for Further Study

1. Sathya Sai Speaks 6, p.220 (Hold bhajans where all will be welcomed).
2. Sathya Sai Speaks 7, p.411 (Sing a variety of names, with each line only repeated twice).
3. Sathya Sai Speaks 9, p.162 (When you sing for joy, then only can you confer joy on others).
4. Sathya Sai Speaks 9, pp.161-162 (There should be no factionalism at bhajans).

无论何时当我的信徒赞唱我的名号时，我即出现在那儿。
《永恒的战车御者》1984年6月，161面

学习圈的问题：

1. 赞歌如何协助我们灵性的成长？
2. 圣歌的基本要素是什么？
3. 谁有资格领唱？
4. 孩子在赞唱集会中占有什么样的地位？
5. 赞歌应该以任何一种特别的语文来赞唱吗？
6. 是否一些名号比其他名号更合适唱？
7. 谁维系适当的水准，而如何维系？
8. 要多久才举办一次圣歌集会？
9. 集会应该在哪儿举行？